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Barney bags bid for re-election

The nation's first openly gay US representative says he's calling it a career after more than 30 years We look at some of Frank's best quotes while in office {page 03}

NICOLAUS CZARNECKI/METRO

Drinking. Trends

▶ It's been a year since the original Four Loko recipe was pulled from the shelves after binge drinking led to safety concerns. But what tactics are college students taking to replace it? You may be shocked to learn about the lengths to which some are going to get drunk. {page 02}

News

Euro crisis could be bad for US

Impact may be 'greater than expected,' according to group Says effects here have been downplayed {page 05}

Miley's reps vs. the pot rumors

Cyrus loves weed, and we love that she does, but her PR peeps don't like that {page 07}

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In the news

49.6

The average November temperature this year has reached nearly 50 degrees, according to the National Weather Service. It could come close to breaking the record for the warmest November with a few more warm days in the forecast. The record was set in 1975 at 51.8 degrees. METRO

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Assault charges for Occupier

BOSTON. T police arrested a man claiming to be an Occupy Boston camper after he allegedly threatened to stab a passenger at South Station on Sunday.

According to reports, Christian Boucher, 34, was arrested and charged with assault by means of a dangerous weapon. He did not have the knife on him when arrested, police said.

Boucher was arraigned yesterday and held on $1,000 cash bail. He will return to court on Dec. 30. METRO

NICOLAUS CZARNECKI/METRO

▶ Smith

Not guilty plea in child porn

BOSTON. A Utah professor pleaded not guilty yesterday to possessing child pornography, which he allegedly viewed on a flight to Logan Airport Saturday.

Grant Smith, 47, was ordered held on $75,000 bail and ordered to have no contact with any child under 16 and not to use the Internet except for work if he is released, authorities said.

A fellow passenger noticed Smith allegedly looking at images and reported him to the crew. METRO

Students go from Loko to Gummis and tampons

MICHAEL NAUGHTON
michael.naughton@metro.us

▶ Four Loko's popularity dwindling a year after rush on drink ▶ Students finding new ways to get drunk

It wasn't quite the California Gold Rush, but the rush on Four Loko this time last year marked the rise and fall of the alcohol and caffeine drink popular among college students.

But a year later its popularity has disappeared like the cans that once flew off of the shelves.

"I haven't seen any since last year," said John Ekshi, a Boston University senior. "No one really drinks it anymore."

Last November, state officials banned sale of the drink and federal regulators declared the product a public health concern setting off a rush to nearby liquor stores that quickly sold out of the product.

In reaction, Four Loko said it would remove the caffeine and some other ingredients in the drink. Since the controversy, the drink's parent company, Phusion Projects, released new products including Poco Loko. The 16-ounce cans at 8 percent alcohol are a step down from the original 23.5-ounce cans that contained 12 percent alcohol by volume.

At the height of the Four Loko wave last year, a Brookline liquor store stocked a shelf with eight rows of Four Loko cans. Yesterday that same store stocked just two rows of the drink's new formula.

A clerk at the store said it was "rare" for someone to buy it now and that the seven to 10 cases per week the store previously ordered were reduced to two cases every two months.

NICOLAUS CZARNECKI/METRO

▶ "When you get down to it, it's just Red Bull and some other kind of alcohol," said BU freshman Alexander Lewitt of the new Four Loko recipe.

Replacing Four Loko?

Gummi Bears and tampons soaked in vodka are reportedly gaining popularity as ways college students and teens get drunk.

A YouTube video on how to make the alcohol-infused Gummi Bears had more than 106,000 views as of yesterday.

Another trend – women inserting vodka-soaked tampons in their vaginas – was reported by several media outlets, including Huffington Post blogger Danielle Crittenden who said she tried it herself.

She described the feeling as "firewater" and said she eventually felt lightheaded.

Diala Savut, a Boston University senior, said using tampons to get drunk was "really weird."

"If you really wanted to feel that way, I think there's other ways to get drunk," she said. METRO/MN

Woman walking with child is victim of sexual assault

BOSTON. Boston police were searching for a man who sexually assaulted a woman while she walked a child in a stroller.

The woman was pushing a child in a stroller through Franklin Park about 1:30 p.m. yesterday when she was approached from behind by the man. A physical struggle followed and the man sexually assaulted the woman and fled.

The child was not harmed and the woman was being treated for injuries that are not life-threatening.

Anyone with information can call 617-343-4400. METRO

NICOLAUS CZARNECKI/METRO

▶ The scene

News in brief

Charges in T car breaks

LYNN. A Beverly woman was arrested during the weekend in connection with several attempted car break-ins at the Lynn Depot Commuter Rail.

According to Transit police, Alexis Downez, 32, was arrested on multiple charges including breaking and entering during the day and possession of burglarious tools. METRO

Protesters get a close shave

BOSTON. Occupiers got a trim from some local barbers yesterday as part of a miniprotest against major banking corporations and the use of the term getting "a haircut."

Cuts were free for protesters and supporters for three hours. METRO

Congressman frank about his retirement

Barney Frank was one of the first openly gay elected officials ◗ Outspoken US Rep. won't seek re-election

Known for his quips, quick responses and snarky comments over the last three decades, Congressman Barney Frank announced yesterday he would not run for re-election in 2012.

"I will miss this job, but one of the advantages of not running for office is I don't even have to pretend to be nice to people I don't like," said Frank during a press conference in Newton.

Frank was on the forefront of initiatives such as the Dodd-Frank Act for Wall Street reform. He was also the first openly gay elected official to serve as a U.S. representative.

"I will miss this job, but one of the advantages ... is I don't even have to pretend to be nice to people I don't like."
FRANK, ON HIS RETIREMENT

After 16 terms in office, the Newton democrat said he will bow out before seeking an election bid next year.

Citing the recent congressional redistricting as one reason he won't attempt an additional term, Frank said yesterday he couldn't run in an area that would be "half new" voters.

"It would have been a rough campaign," he said.

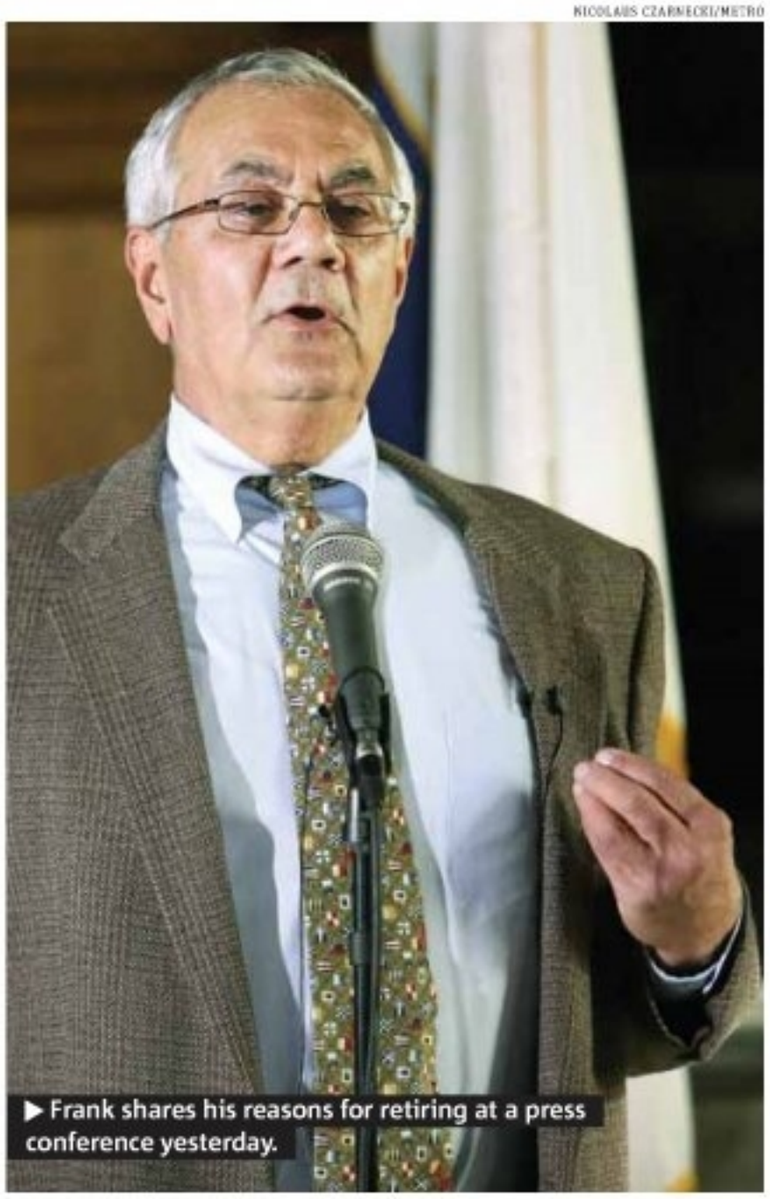
Frank said he will concentrate on writing in his retirement, but won't become a lobbyist or lawyer.

Gov. Deval Patrick said yesterday that a generation of Bay State residents have known Frank for his wisdom and wit, and he would be sorely missed.

"He has earned the good wishes of the people of the Commonwealth," said Patrick.

STEVE ANNEAR
steve.annear@metro.us

NICOLAUS CZARNECKI/METRO



▶ Frank shares his reasons for retiring at a press conference yesterday.

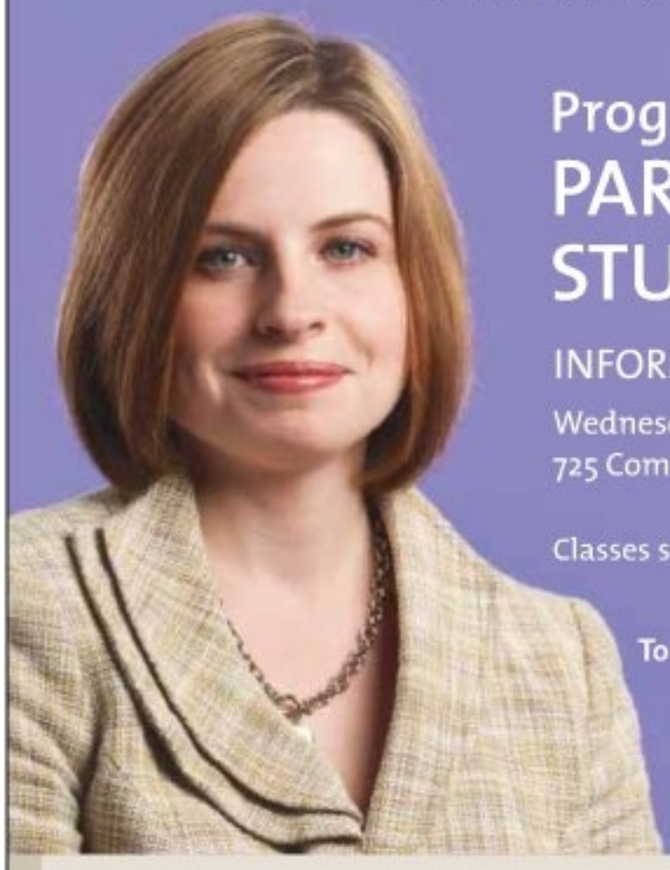
Frank quoted

"Gay people have a different role than other minority groups. ... Very few black kids have ever had to worry about telling their parents that they were black."
www.barneyfrank.net/quotes

"Trying to have a conversation with you would be like trying to have an argument with a dining room table."
2009 health care meeting

"This bill is the legislative equivalent of crack. It yields a short-term high but does long-term damage to the system, and it's expensive to boot."
Washington Post, 1986, on anti-drug legislation vote

"I honestly believe that a certificate from Boston University holds great weight, because the standards are much higher. The attorneys who taught our classes were extremely knowledgeable about their specific areas of law. I made some connections among the faculty, broadened my understanding of law, and gained a better footing in my field."
— SHANNON HOGAN, paralegal; BU certificate awarded 2011



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Boston will attempt to break caroling record

STU ROSNER

▶ Lockhart gets the crowd going at last year's attempt.

- City needs 9,100 singers to help beat world record
- Will be led by Boston Pops conductor Keith Lockhart

Keith Lockhart already thinks Boston has made its mark as a notable city, but the longtime Boston Pops conductor wants to turn the Hub into the most musical town in the world.

This Saturday, Lockhart and the Tanglewood Festival Chorus will attempt to lead thousands of carolers in an effort to break the Guinness Book of World Records for the "Most Carolers in one Place" at the Christian Science Plaza.

To beat the current record-holder in Australia, the singing group needs to amass more than 9,100 carolers in one spot and sing for 15 minutes straight.

If you go

- Saturday, Dec. 3
- Noon
- Christian Science Plaza

"When people ask what we will be singing, I tell them pretty much [every Christmas carol]," said Lockhart.

The city attempted the feat last season but was shy by about 5,000 volunteers.

Lockhart hopes to build momentum prior to the sing-a-thon — but he says whatever the outcome, having people gather for the holidays is the real reward.

"I think with a year of experience under our belts the record will follow this year," he said. "But it's superfluous to the idea of just bringing people together and singing."

This Guinness World Record event kicks off a Prudential Center celebration of the Holiday Pops season at Symphony Hall.

"There are a lot of [holiday activities] going on this weekend, it's just a matter of getting enough people there," said Lockhart.

STEVE ANNEAR
steve.annear@metro.us

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Euro debt crisis may hit US hard

The U.S. economy may face a graver threat from Europe's debt crisis than is currently thought, the Organization for Economic Co-operation and Development said in a report warning the recovery could be derailed.

In its latest economic outlook released on Monday, the OECD said the level of uncertainty surrounding the U.S. economy was high and risks were heavily tilted to the downside.

"Negative spillovers from the turmoil in European markets could be greater than expected and have the potential to derail the recovery in activity and renew fears among financially fragile households and businesses," it said.

So far, analysts and some Federal Reserve officials have played down concerns that the euro zone debt crisis, which has roiled financial markets, will hit the broader economy hard. REUTERS

Debt rules

Germany and France stepped up a drive yesterday for coercive powers to reject euro zone members' budgets that breach EU rules, as a market rout of European debt eased temporarily on hopes of outside help for Italy and Spain.

MICHAL CZERWONKA/GETTY IMAGES

Occupy. Staying power

▶ A member of Occupy L.A. camps out in a tree after the deadline to shut down the encampment.

LA protest sticks around

Police in riot gear closed in before dawn yesterday on anti-Wall Street activists who defied a midnight deadline to vacate their encampment outside Los Angeles City Hall — but the police later pulled back. A crowd of activists numbering approximately 2,000 overnight remain at City Hall for the time being.

Cain: New accuser on the way

WASHINGTON. GOP candidate Herman Cain told CNN last night that a woman from the Atlanta area was about to claim that they had a 13-year extramarital affair. Cain told CNN's Wolf Blitzer the claims were untrue, and that he feared they would harm his family more than his presidential bid. METRO

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MAN AND WOMAN OF THE YEAR
2011

Two women were nominated as Metro's Women of the Year yesterday — and the two reasons may surprise you.

Vanessa O'Brien of Boston nominated Gabby Giffords, the Arizona Congresswoman whose recovery from a January assassination attempt inspired many.

And Kim Kardashian continues to inspire nominations almost as quickly as she inspires irritation. "I would like to nominate every woman in America who is NOT Kim Kardashian," writes Phil from Philly.

Send your nominations for Man and Woman of the Year to **mwoty@metro.us** through Dec. 9.

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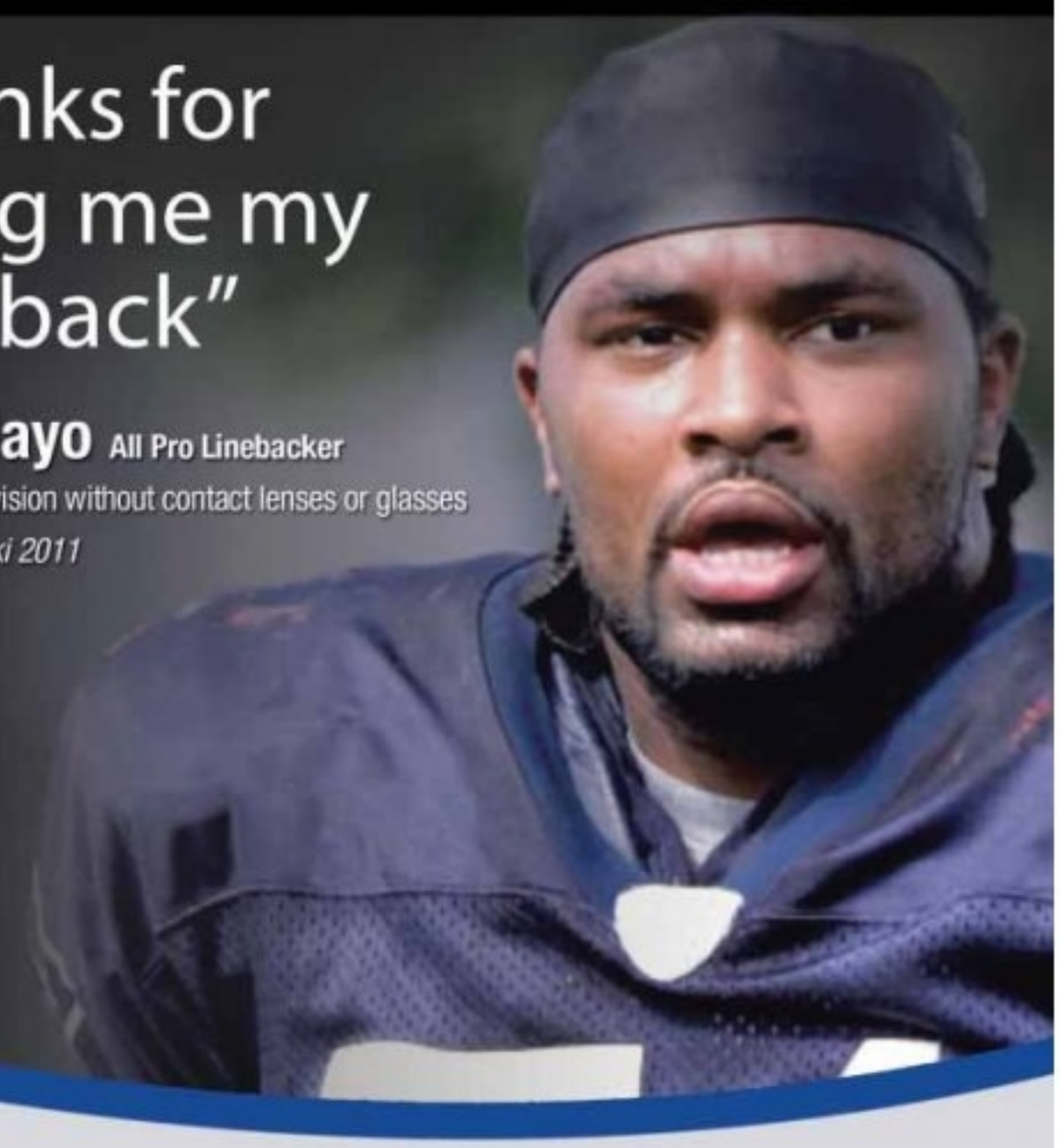

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Beginning to look a lot like Kindle

Amazon.com said yesterday it saw a surge in sales of its Kindle devices, helped by its new Kindle Fire tablet, on the crucial "Black Friday" shopping day after Thanksgiving.

Consumers bought four times as many Kindles on Black Friday as they did on the same day last year, when the company sold only e-readers, the largest Internet retailer reported.

The $199 Fire was the best-selling product on Amazon.com on Black Friday and it has been the top seller in the eight weeks since it was launched, the company added.

The Kindle Fire was the best-selling tablet in Target stores on Black Friday, Nik Nayar, vice president of merchandising at Target, said in a statement. Target sells several tablets, including the market-leading iPad from Apple Inc. REUTERS

16K+

The new Kindle Fire is a crucial part of Amazon's effort to sell more digital products such as e-books, apps, video games, music and movies. The company is selling the tablet in more than 16,000 retail stores.

SPENCER PLATT/GETTY IMAGES

▶ Reviews indicate that the Kindle Fire, shown here, is no iPad, but it has one very strong selling point: a lower price.

Counterfeit sellers shut down on Web

WASHINGTON. Some 150 websites allegedly selling counterfeit goods including shoes, purses, sunglasses and sports jerseys have been seized, authorities said yesterday, coinciding with the Cyber Monday holiday shopping day.

U.S. authorities in the past few days slapped notices on the seized websites — with names like www.pumaoutlets.net — in a bid to thwart sales of the counterfeit goods.

"Most of the actual counterfeiters and criminals involved are overseas."
JOHN MORTON, HEAD OF CUSTOMS ENFORCEMENT AGENCY

However, authorities say they face difficulties prosecuting the sellers of the fake goods because they are typically overseas, predominantly in China. REUTERS

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

'Bob Miley' or 'Lyin' Miley'?

Miley Cyrus

Hannah Bong-tana, it's time to come clean.

After it surfaced during the weekend via The Daily that **Miley Cyrus** was presented with a **Bob Marley**-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A., and then quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed," she is now retracting it, saying the video was all a "joke."

Her rep tells TMZ that Miley was just joshing about the cake and that the Bob Marley reference was because her friend **Kelly Osbourne** has been calling her "Bob Miley" since a film of her ripping a huge bong hit leaked last year. Cyrus claimed it was salvia, a legal herb, and not marijuana, in the bong.

"You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." CYRUS, 19

Cyrus's rep says she is not a pothead.

Pfft. Right. Because non-stoners are known for their love of all things Bob Marley. My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room just because it matches her sofa.

Theron once had to wear glasses

Charlize Theron wants us to believe she was once ugly.

Speaking of people totally lying, **Charlize Theron**, who is now on the promotional circuit for her new film "Young Adult," is trying to make us believe that she wasn't beautiful nor popular in high school (how many "pffts" can I fit into one column?).

"I wore really nerdy glasses because I was blind as could be and the boys didn't like [me]," she tells People.

Listen, Hollywood movies and actresses: Glasses don't hide the fact that women are 5-foot-10, thin and gorgeous. You can take off the glasses, but you can't take off the ugly.

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DOROTHY ROBINSON'S WORD BLOG

Talking points

Pippa scores a book deal

Royal sister-in-law **Pippa Middleton** has secured a nearly $600,000 advance to write a party planning book, according to the Mail on Sunday. An auction for the socialite's project had reportedly been going on for weeks, with publisher **Michael Joseph**, an imprint of Penguin, coming out on top. "It will be about entertaining and how to throw the perfect party," a source says. "It's not just about being the perfect hostess — it will also include recipes and information about how to host different types of events." The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

▶ Pippa Middleton

Angelina Jolie, funeral director?

Angelina Jolie says the woman all the tabloids write about isn't her. "I don't see those things. I don't know who they are but I assume they're not me. They're not who I am. They're not what I spend my day caring about. I find them quite shallow and often quite wrong," she says tells "60 Minutes." Jolie also reveals that aside from acting, she was interested at one point in becoming a funeral director. "It sounds like this very strange, eccentric, dark thing to do," she says. "That was going to be my path."

Willis joins society

Tallulah Willis, the youngest daughter of **Bruce Willis** and **Demi Moore**, is officially part of high society. The 17-year-old was introduced at Le Bal des Debutantes at the Hotel Crillon in Paris over the weekend, according to Us Weekly. Tallulah was joined by her older sisters, **Rumer** and **Scout**, and her father, while Moore was noticeably absent.

Anne Hathaway is engaged

The new Catwoman **Anne Hathaway** is engaged to boyfriend Adam Shulman, her spokesman said yesterday. The spokesman provided no details beyond confirming the engagement, per Reuters. Hathaway, 29, has been dating Shulman, an actor and jewelry designer, since 2008. Rumors of their engagement swirled throughout the weekend when photos of the two surfaced with Hathaway sporting a giant ring.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Oprah is starting to understand pageant parents, Ricky Gervais doesn't appreciate being corrected, Kelly Osbourne is hitting the store with Ozzy, and Conan O'Brien isn't enjoying his drink.

▶ **@Oprah:** Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.

▶ **@rickygervais:** Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f—ing TWITTER for Christ sake.

▶ **@MissKellyO:** Taking my papa grocery shopping!

▶ **@ConanOBrien:** Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

Oprah

These stars aren't still in a turkey coma

1: Seth Rogen was seen with Rafiki from "The Lion King" at Disney's Animal Kingdom theme park in Lake Buena Vista, Fla., on Saturday.

2: Ronnie Spector performed at the 28th annual Seaport Chorus Tree Lighting Spectacular at the South Street Seaport in New York City on Friday.

3: Antonio Banderas and Salma Hayek attended the "Puss in Boots" premiere in Sydney, Australia, on Sunday.

4: Kylie Minogue was inducted into the Australian Recording Industry Association's Hall of Fame at the 2011 ARIA Awards in Sydney, Australia, on Sunday.

5: Penelope Cruz attended the 29th Torino Film Festival opening ceremony in Turin, Italy, on Friday.

6: New retiree Regis Philbin attended a signing for his book "How I Got This Way" at Barnes & Noble in Glendale, Calif., on Saturday.

7: Tori Spelling, Dean McDermott and their children, Stella and Liam, performed at the "Yo Gabba Gabba Live" show at Nokia Theatre in Los Angeles, Calif., on Saturday.

1: PHILAN EBENHACK/DISNEY PARKS VIA GETTY IMAGES
2: CINDY ORD/GETTY IMAGES
3: CAROLINE MCCREDIE/GETTY IMAGES
4: MARK METCALFE/GETTY IMAGES
5: STEFANIA D'ALESSANDRO/GETTY IMAGES
6: DAVID LIVINGSTON/GETTY IMAGES
7: MICHAEL BUCKNER/GETTY IMAGES

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A novel lesson: Do whatever feels write

- As National Novel Writing Month ends, our writer is less than 5,000 words from completing her first novel
- She shares the important lessons she has learned

Less than 5,000 words keep me from becoming a true novelist at midnight on Wednesday. Without NaNoWriMo, I probably would've never written so much. The added pressure of a deadline was the real pusher, and I suggest that young writers give themselves a time limit and see how much they can write. I'm going to record how much I write every 30 days and try to beat it in the next 30! Here are a few other lessons NaNoWriMo taught me.

Sam writes a novel

SAMANTHA SWEENEY
TWITTER: @SAMWRITESANOVEL

FOLLOW SAM'S PROGRESS ON TWITTER @SAMWRITESANOVEL

To be a writer, one must constantly be writing. This was the most important lesson of a full month of nonstop work: keep going.

Looking to others' work — as I did when I was frustrated and hit a creative drought — has its place, but so does simply writing through the tough, tiring moments. Also, typing out thoughts half-asleep can produce some great stuff!

Take criticism; but if you feel good about a bit of your story someone else doesn't, keep it in there. Not everyone understands your style. But also realize that your favorite part with the moonlight kiss on the beaches of Fiji may not work in a story taking place in space. Or maybe it will. If it feels right, keep it as a really expensive, romantic astronaut honeymoon. You could even title the book, "Honey, Moon." Maybe I'll start writing that on Dec. 1.

ADLISTOCK.COM

▶ If you really want your characters to fall in love on the moon, it's your novel to write.

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mybooks

Just don't call him a survivor

- He's a man of many hats (and colors), but Fred Ho doesn't want to be defined by his cancer diagnoses
- The writer and avant-garde baritone saxophonist on his new book, 'Diary of a Radical Cancer Warrior'

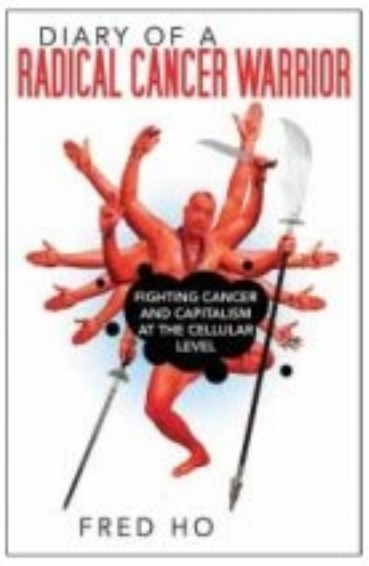
ROBERT ADAM MAYER

▶ It ain't easy being green, but it's even harder fighting cancer.

There's no shortage of labels to be applied to Fred Ho — jazz composer, baritone saxophonist, Asian-American activist, Marxist Matriarchal Luddite, revolutionary, nudist — but don't call him a survivor.

In his new book, "Diary of a Radical Cancer Warrior," Ho traces his battle with colorectal cancer through the diary entries posted to his friends and supporters, starting with his diagnosis in 2006 and running through his most recent (fourth) recurrence in 2010.

"I want readers to realize that cancer is not a disease," Ho says, "but an accelerative malignant process inextricable from the expansion of industrial capitalism. Capitalism is cancer for the planet; cancer is the social and environmental toxicity of capitalism for the individual person."



As always, Ho's art, life and politics are inextricable from one another. The same has long been true of his music, which has by no means been slowed by his illness. His work draws influences from jazz, pop culture, radical politics, Asian culture and comic books. No less than five new CDs have appeared recently, including a big-band suite honoring Muhammad Ali and an opera inspired by martial arts films and manga.

"This spate of CDs is my effort to cement my musical legacy, as I expected to die having been given no chance of living after tumor number four," Ho asserts. "It is my manifestation of the samurai warrior credo: living while preparing for death."

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myentertainment

Bob Seger moves 'Old Time Rock and Roll' into the digital age

The leader of the Silver Bullet Band talks about new technology, old friendships, spending almost half a century in the music industry and his first dozen years of struggle

If you've ever looked for songs by Bob Seger & the Silver Bullet Band on digital outlets, you have likely been disappointed when the search yielded results by artists with names like Night Moves and The Ultimate Bob Seger Cover Band. And next to the song titles you would have seen parenthetical disclaimers like "as made famous by Bob Seger."

But the classic rocker's reluctance to go digital has finally subsided. This year has seen the digital release of two classic live albums, a rarities collection and Seger's new ultimate hits compilation, "Rock and Roll Never Forgets," which came out online on the same day it appeared in stores.

"I just felt it was time," says Seger. "We're one of the last ones to do it, and I felt like I would like to have people have the opportunity to get it. As it goes along, we're still doing it piecemeal. But that's my management's decision, and I don't question that. I've had the same guy for 45 years. ... So I'm not going to question how he does business."

There are a few surprising revelations in the last portion of that quote: First, that Seger has been in the business for at least 45 years. And second, that he would have such loyalty to the same manager in an industry where the business is historically so fickle.

If you go

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But devotion and dedication are hallmarks of his career. Throughout an hour-long discussion, Seger makes sure to give his Silver Bullet Band members due credit.

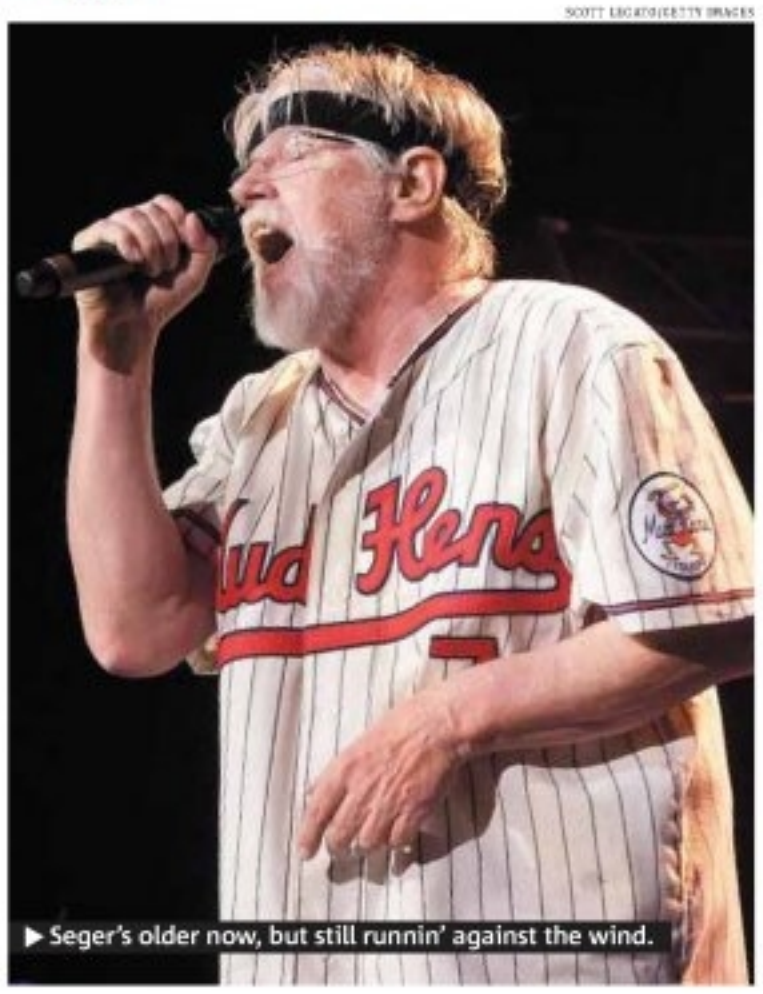
"I love the way Alto played horn on it," he enthuses about sax man Alto Reed's part on the powerful road warrior ballad, "Turn the Page." And he's also quick to cite how he loves the energy that drummer Don Brewer brings to "Hollywood Nights."

As for his career's timespan, that's well chronicled in the title track of "Rock and Roll Never Forgets."

"I had like 12 years before I ever made any money," he says. "We did a lot of clubs, a lot of high schools, you name it. And then after 12 years — in 1975 — I broke through."

And he's been here ever since, like a rock.

SCOTT LEGATO/GETTY IMAGES



▶ Seger's older now, but still runnin' against the wind.

Q&A

Rock and Roll Never Forgets (but sometimes it gets the dates wrong)

The history of rock has always played a role in Seger's songwriting. In his classic, "Night Moves," he recounts, "I was humming a song from 1962." So, what was that song?

"Oh, I'm glad you asked that," he enthuses. "'Be My Baby' by the Ronettes! And then I was fortunate enough — about 10 years ago — to meet Ronnie and tell her that, and she's such a sweet kid, Ronnie Spector, and she told me something that just blew my mind, that she tried to sing like Frankie Lymon ... from the 1950s, and I never put the two together. And then I listened to her and I said, 'Oh my gosh, that's right!'"

One thing that wasn't right though: It turns out that "Be My Baby" actually came out in the summer of 1963. It is not without embarrassment that this reporter delivers this correction to such a legendary singer.

"Oh wow," he says with a surprised laugh. "Well, yeah, but I wrote the song in '76, so I was already too old and getting my dates wrong!"

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mystyle

MIRANDA KERR

The Victoria's Secret bombshell gets in shape with maca powder, bee pollen and Sunwarrior protein powder We discuss

For the first time in her five years of walking down the runway as one of the Victoria's Secret Angels — watch them strut tonight when the show airs at 10 p.m. on CBS — Australian bombshell Miranda Kerr got the honor of wearing the $2.5 million Fantasy Treasure Bra. And that's just months after giving birth to her first baby with husband Orlando Bloom. We ask her the question every woman wants to know.

You lost the baby weight ridiculously fast. Can you give us a breakdown of your daily diet?

Everyday is different, but I like to start the day with a fresh green juice with kale, spinach, cucumber, beets and lemon. Then half an hour later, I have a power smoothie which has Sunwarrior protein powder, chia seeds, maca powder, raw cacao, bee pollen, goji berries, noni juice, Vitamineral Green and coconut water. Then an hour after that I'll have oatmeal or eggs. That's my three-course power breakfast. For lunch I might have some grilled fish with goat cheese or baby spinach salad and olives. Sometimes I'll have a sweet potato. At dinner, I'll have a lentil soup and maybe some chicken. And I love to have my salads with avocado, feta and spinach.

It sounds like a lot of careful maintenance. What does your workout regimen look like?

I've been practicing yoga for over 12 years. After I had the baby, I started doing Pilates. That was really helpful. Three weeks leading up to the VS show, I start working out five times a week using a resistance band and leg weights.

Is the Fantasy Treaure Bra heavy?

No, it's not so heavy. But my wings are really heavy.

Besides the $2.5 million bra, what's the biggest difference between walking Victoria's Secret and a high-fashion show such as Balenciaga?

The great thing with Victoria's Secret is they really encourage us girls to interact with the audience and show a bit of personality, so it's a totally different thing for sure. The Victoria's Secret show is quite a theatrical performance. I love to be in the moment and feel the music.

Where does one go after modeling the $2.5 million bra? What do the next five years look like for you?

I really want to expand my skincare line, Kora Organics, all over the world. I created a line that I personally wanted — it's a certified organic range — but couldn't find. It's been my passion and my idea. I invested the money behind the product. I blog [on the site] once a week.

TINA CHADHA
tina.chadha@metro.us

PHOTOS: GETTY IMAGES

▶ Kerr walks the runway during the 2011 Victoria's Secret Fashion Show, which airs tonight at 10 p.m. on CBS.

Backstage talk

"Working out makes your skin glow. It's a natural detox. I also drink a lot of water and coconut water and love Rodin Olio Lusso Face Oil. For makeup, I use black mascara and lip gloss."
ADRIANA LIMA

"Every day I wash my face with something that contains salicylic acid, and then I continue with an advanced night repair. I put it on in the morning and I mix it with Estee Lauder DayWear Plus — it has SPF 15. It's important to protect your skin in the morning." JOAN SMALLS

Quoted

"[Generally the] first step would be to blow dry then apply a volume lotion in your hair. Once we blow-dry all that through, we spray in [Orlando Pita] Elevate Texture Spray. Then we do the curling iron set, then we send the girls to makeup. After they're done, we brush it all out."
HAIR GURU ORLANDO PITA, ON HOW TO NAIL THE SEXY VS LOOK

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Would you know if it's whooping cough?

Last year several states saw huge outbreaks of pertussis, the bacterial disease that causes whooping cough. It can be nearly impossible to diagnose, especially in its early stages. Because it is particularly serious for babies, and 70 percent of infants who come down with it are exposed to it from a family member, make sure you — and any adult who cares for your baby — get the Tdap booster. If your child does become sick, Parents advisor Ari Brown, M.D., author of "Baby 411," says to watch for these warning signs that may mean he has whooping cough.

▶ Your child's doctor can prescribe antibiotics for whooping cough.

WAVEBREAK MEDIA

▶ **He has bad coughing fits:** Whooping cough is characterized by short, frequent coughs that are so severe your child may have difficulty catching his breath at the end of a fit. He'll try to get more air by sharply gasping, or he may "whoop." He might also turn very red while coughing, or even vomit.

▶ **He's not getting better:** Call your pediatrician if you're concerned or if his cough lasts longer than a week. If it turns out to be whooping cough, your doctor will prescribe antibiotics to shorten the amount of time he's contagious. To help ease coughing spells, make sure your child gets plenty of rest and fluids, and use a humidifier in his bedroom.

AMANDA FIRST FOR PARENTS MAGAZINE

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Parents brings moms and dads smart, fresh advice to help you raise healthy, happy kids. Check us out at Parents.com.

Parenting notes

New website to get addicted to

Need a laugh to get you through the day? Of course you do. Check out Nickmom.com, a new blog from the folks behind Nickelodeon with funny stories, videos and pictures. At the end of next year, NICKMOM will launch a four-hour block of programming on Nick Jr. with talk shows, stand-up comedy and other content geared toward today's hip, tech-savvy mom (who likely grew up watching Nickelodeon).

Preorder your Cody Simpson doll

If your little girl or guy is obsessed with Australia's answer to Justin Bieber, Cody Simpson, you'll be pleased to know that you can now preorder the hotly anticipated Cody Simpson doll at a Toys R Us near you. There are two Cody dolls to choose from: One's dressed in a T-shirt and khakis, and the other wears a jean jacket and black pants. Both come with sunglasses, a microphone and a guitar pick so that even in doll form, the YouTube sensation can still rock the house — your house. MEREDITH ENGEL

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Basic respect: Common sense

RE: "EARN RESPECT, REP. BACHMANN": I disagree with John Demerjian's assertion that Rep. Michelle Bachmann has to earn his respect so as not to be called a vile name. I was taught that each person is entitled to basic human respect — but I guess liberals don't believe that. As far as criticizing Mr. Obama, that is her right under the First Amendment. I would hope he is capable enough that he doesn't need the Roots and their ilk degrading an opponent in order to win re-election.
WAYNE SARGENT, VIA E-MAIL

More liberal double standards: What would happen had Jimmy Fallon and the Roots given Michelle Obama or Nancy Pelosi the same treatment they did Michele Bachmann? There would be boycotts, demands for firings, and accusations of sexism. Liberals complain about Bachmann not respecting Barack Obama, but where were those same liberals when it was George W. Bush in the White House?
ROCCO LORE, BOSTON

Um, actually Michele Bachman is a lying, bigoted [person]! Good for the Roots for playing the song. The Roots will go down as one of the most awesome late night bands in history.
LYDIA EDWARDS, VIA E-MAIL

Time to vote: All must go!

The so-called supercommittee couldn't find any spending cuts? What about foreign aid? What about these very costly wars? What about the billions given to the America-hating U.N.? What about the socialist government departments like education, housing, and energy? What this country desperately needs is better congressmen who will uphold the constitution. Hopefully citizens will fulfill that need next election.
FRANK ST GEORGE, VIA E-MAIL

Rich don't earn their own way

It's obvious: The super-rich don't work for the money they get and call theirs; they hire others to do the work for them. Profit from underpaying workers, overcharging customers and government subsidies are automatically credited to their accounts. These profits are earned, but not received, by those who actually did the work. Redistribution, from those who got but didn't earn — to those who earned but didn't get — would be justice.
MARVIN MILLER, NEWTON

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Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** Through a unique chain of communication, you could hear about some information that could be extremely helpful in furthering your financial well-being. Keep your ears primed.
♑ Capricorn **Dec. 22-Jan. 19.** Due to the caring efforts of some special friends, something might be quietly arranged to help you out. Don't be too proud to accept their favors.
♒ Aquarius **Jan. 20-Feb. 19.** Persons with whom you're affiliated might step back a few paces in order to allow you to step up to the plate. Your leadership will be central to bringing their plans into being.
♓ Pisces **Feb. 20-March 20.** Someone in a powerful position might do something for you that they would not do for just anybody. It pays to be nice, so keep up your good image.
♈ Aries **March 21-April 19.** Give full rein to your mental faculties, and don't be afraid to be imaginative and creative. Any new concept you come up with, no matter how bold, is likely to be a winner.
♉ Taurus **April 20-May 20.** Conditions and elements that affect your standing among your peers are trending in your favor. Both your warm personality and sense of duty can win you many admirers.
♊ Gemini **May 21-June 20.** An old relationship that has been a bit weary lately could be warmly rejuvenated. Your counterpart might be the one to offer the olive branch.
♋ Cancer **June 21-July 22.** Favors or actions you expend on behalf of another will be greatly appreciated and acknowledged by that person, so don't hesitate to lend a hand with or without his or her knowledge.
♌ Leo **July 23-Aug. 22.** Get out and join some friends, because any social interaction that has some elements of friendly competition will provide you with an enjoyable time.
♍ Virgo **Aug. 23-Sept. 22.** The secret to happiness is to keep both your hands and your mind busy for practical purposes. Actually, tasks that are usually a bore could turn out to be pleasant diversions.
♎ Libra **Sept. 23-Oct. 23.** Because of your smile and ingratiating conduct, your companionship will not only be welcomed but also sought after. Don't be surprised when you attract more attention than usual.
♏ Scorpio **Oct. 24-Nov. 22.** Events are stirring that could contribute to your material well-being. More than one source is likely to contribute to the enhancement of a number of possibilities for you. **BERNICE BEDE OSOL**

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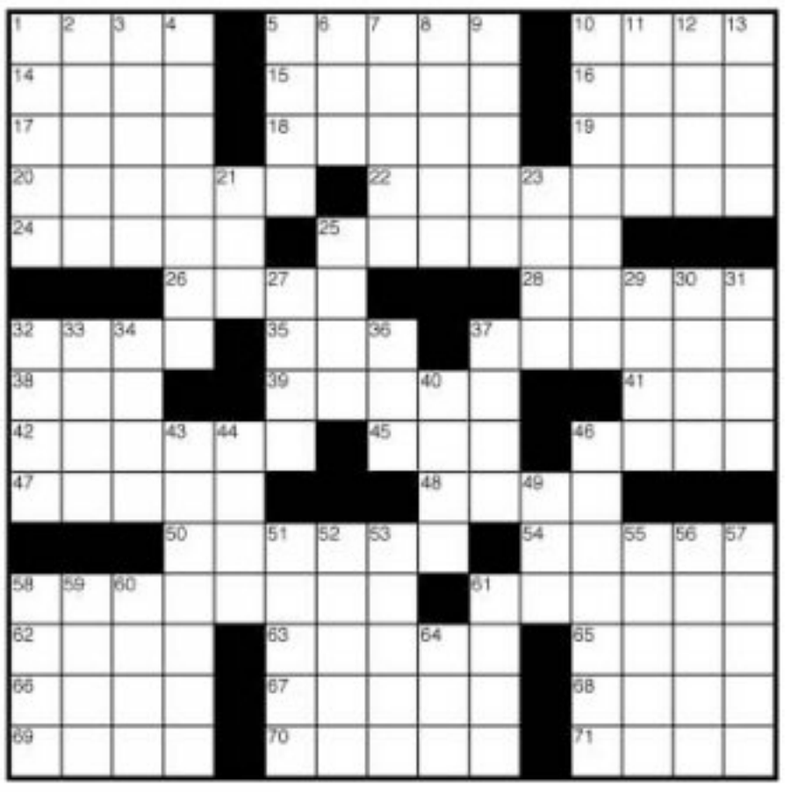

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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Hotels with local flavor

Fodor's named the nation's best hotels Here's where to go to experience the region from your room

▶ The rustic (but smartly furnished) Los Poblanos Historic Inn & Organic Farm.

Choosing where to stay is one of the most important decisions to make when planning a trip. Fodor's editors recently published its top picks of hotels around the world that represent the best of their locales, including these getaways right here in the U.S. that let you experience the flavor of your destination without leaving your room.

Los Poblanos Historic Inn & Organic Farm Albuquerque, N.M.

Down a long private driveway framed by soaring cottonwood trees — and some 25 acres of organic produce and lavender — this rustic but smartly furnished inn feels worlds away from downtown Albuquerque (which is actually just four miles south). Territorial-style adobe buildings and guest rooms capture the regional vernacular with wrought-iron accents, kiva fireplaces, beam ceilings and colorful Mexican-tile bathrooms.

*– Go to **www.fodors.com** for more expert travel tips. Fodor's. For choice travel experiences.*

Sundance Resort Sundance, Utah

Against the backdrop of 11,750-foot Mount Timpanogos, Robert Redford's 5,000-acre ski resort and retreat features cottages, restaurants and creativity-nurturing spaces connected by winding pathways that blend elegantly into the scene with reclaimed timber and locally quarried stone. Try hiking or skiing. Or slow the tempo for a pottery class or a pint at the Owl Bar.

Triple Creek Ranch Darby, Mont.

This remote retreat in Montana's Bitterroot National Forest emphasizes truly getting away from it all (many cabins are a half-mile or more from the main lodge, and your nearest neighbors are inquisitive elk). The intensive weekends focusing on photography, horsemanship, cooking or wine are especially noteworthy.

Post Ranch Inn Big Sur, Calif.

This spa, built with an eye toward harmony with nature, is rumored to be set on an ancient power spot. Three years ago, the Ranch built 10 new buildings. Some are cantilevered off the 1,200-foot oceanside cliff and others perched on stilts. Besides stunning views, the ranch offers a myriad of mind-and-spirit activities — many reflecting Big Sur's laid-back, creative character.

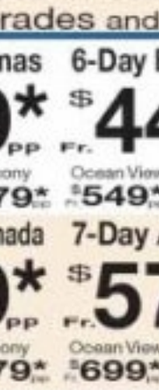
Waimea Plantation Cottages Kauai, Hawaii

These charming little pastel bungalows tucked tidily into coconut grove on the island's sunny side are a far cry from the rest of the island's hyper-manicured resorts. And that's exactly where Aston Waimea's charm lies. Peace and serenity are the order of the day here — not hard to achieve with a long, undeveloped beach right next door. Pop into the onsite Grove Cafe for a sampling of brews.

Travel news

An app good enough to eat

In Denmark, smorrebrod is as quintessential an eat as cheesesteak in Philly. The open-faced sandwiches feature layers of pickled herring, thinly sliced cheeses, cold cuts, veggies and more on rye bread. Visit Denmark recently launched an iPhone app dedicated to it, which features a glossary of condiments, sandwich names and a guide on where to find a smorrebrod spot in Copenhagen.



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3

Brady and Branch: Their second act

After a three-year hiatus in Seattle, Branch has yet again become Brady's favorite target ● Belichick says the two have matching instincts

JIM MCISAAC/GETTY IMAGES

▶ The 32-year-old Branch has emerged this season as Brady's favorite receiver ... again.

Some relationships can stand the test of time.

Take Deion Branch and Tom Brady for example.

The wide receiver and quarterback are going on their sixth season together — with a three-plus season hiatus in the middle. The two immediately rekindled their on-field chemistry upon Branch's return last season, and it's been clear this season that Brady to Branch is not something that's going to stop anytime soon. On the season, Branch has 45 receptions for 628 yards and four touchdowns. On Sunday, Branch caught six passes for 125 yards, his second-highest output of the season.

What those two have is exactly what Chad Ochocinco thought he could have with Brady. A combination like Brady to Branch is quite rare.

"It starts with [the fact that] you have two smart guys, both very instinctive players that if something comes up that you haven't done or talked about before, I'd say both of them probably would do the right thing — or what you would want them to do if you haven't told them what to do," Belichick said.

Belichick also pointed out the fact that the two have had so many reps together through the years that it helps them think alike on the field.

And don't forget the one essential — instincts.

"Deion is a very instinctive receiver," Belichick said. "He has a great sense of timing, of when the quarterback is ready to throw the ball, when he needs to be open, how to get open.

"Tom, from his position, kind of has that same sense of what the receiver would expect him to do and what he should do in certain situations and that's almost always what Deion would do."

JIMMY TOSCANO
sports@metro.us

In the news

Meyer named Buckeyes coach

It's fair to wonder whether Urban Meyer wouldn't fit better as a boxer.

The former Florida coach unretired just one year after stepping away and announced the new head coach at Ohio State yesterday.

Meyer won two titles with the Gators before stepping down to focus on his health and family. Now he'll be focusing on Michigan.

▶ Vollmer

Vollmer leaves in boot

Hulking right tackle Sebastian Vollmer injured his right foot in Sunday's win and was seen leaving the stadium in a walking boot.

Vollmer injured the foot late in the first half and while he stayed in for a kneel-down before halftime, he did not return.

The 6-foot-8, 315-pound tackle missed five games earlier this year with a back injury, but had started in four straight.

Rookie Nate Solder played in the second half Sunday. ● METRO

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News in brief

▶ Valentine

Report: Sox list trimmed

The next manager of the Red Sox is ... either Bobby Valentine or Gene Lamont, according to a recent report on ESPNBoston.com.

Neither Lamont nor Valentine had heard from the Sox yesterday, but a decision is expected by next Monday, when the winter meetings begin in Dallas.

A third candidate — Torey Lovullo — has been ruled out of the running, per ESPN. METRO

Capitals can Boudreau

The Washington Capitals fired head coach Bruce Boudreau yesterday and replaced him with ex-player Dale Hunter.

Boudreau had won 200 games faster than any coach in modern NHL history, but posted a 17-20 record in the playoffs. METRO

Kentucky No. 1 in NCAA hoops

The Kentucky Wildcats took over the top spot in the AP poll after North Carolina's upset loss.

UNC dropped down to fifth, with Ohio St., Syracuse and Duke rounding out the top five. METRO

"He's young and he made a mistake ... I think he's going to rebound from that."

Jets WR Plaxico Burress on Bills WR Stevie Johnson, who mocked his shooting incident this past Sunday. METRO

Streaking B's ready to battle Northeast rivals

▶ Defending Stanley Cup champs get home-and-home with Maple Leafs ▶ Look to continue season dominance ▶ Bruins trail Toronto by a point

The Bruins went back to work yesterday after capping their 11th win of the month this past weekend.

The B's are the hottest team in the NHL (11-0-1) and first defending Stanley Cup champions to rattle off 10 straight victories since the New Jersey Devils did it in 2000-01. Not bad for a club that went a dismal 3-7-0 back in October.

Still, coach Claude Julien knows their luck can change on a dime.

"Just like teams that played us early in the year, we're not the same team anymore," Julien told the team's website. "That's how you make sure you don't get too overconfident, by understanding that there's some highs and lows during the season."

GETTY IMAGES

▶ Julien and the Bruins are 11-0-1 in November.

On TV Wednesday
Bruins at Maple Leafs, 7 p.m. (NESN)

The B's look to keep it going with a crucial home-and-home against Toronto. The Leafs have lost to the Bruins by a combined score of 13-2 in two previous meetings this season. However, Toronto entered last night's action with a one-point lead over Boston in the Northeast Division standings. The two clubs will square off Wednesday in Toronto, then again Saturday at TD Garden.

"Right now we're playing yo-yo with these guys," said Julien. "This is an opportunity here, in these next two games, if we want to spread that gap a little bit." METRO

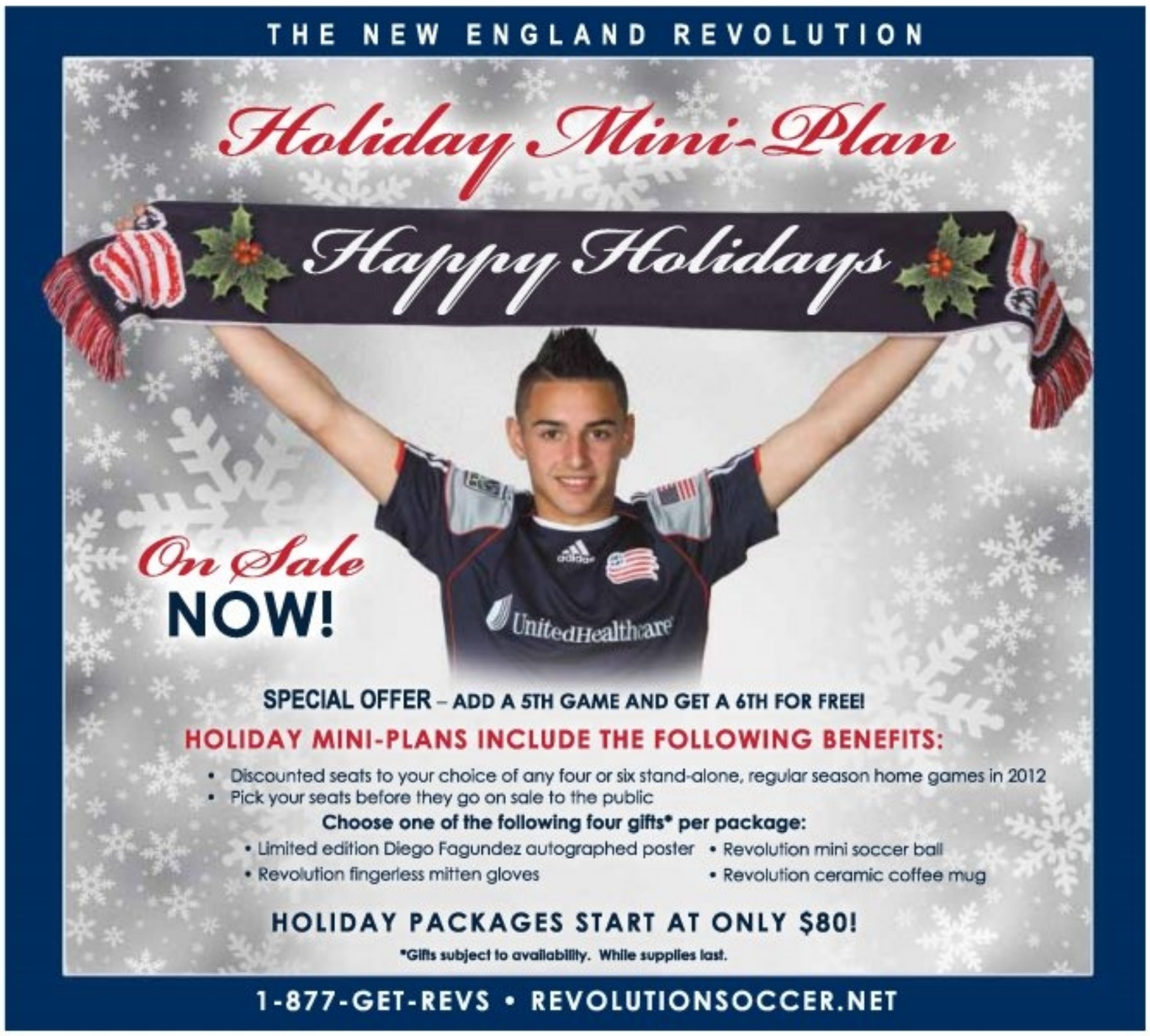
GETTY IMAGES

NCAA. Football

▶ Meyer is off the market.

Urban development

Urban Meyer was introduced yesterday as the new head football coach at Ohio State. Meyer, the former Florida coach and Ohio native, will make a reported $4 million annually, plus another $2.4 million in "retention payments."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